

1. Why is it important to measure caregiver burden for the caregivers of the clients you serve?
 - a. High levels of caregiver burden may lead to premature placement of the care receiver.
 - b. Without intervention caregiver burden may result in caregiver burnout and negatively impact the care provided to the care recipient.
 - c. Measuring caregiver burden may indicate when services may be reduced to the care receiver.
 - d. Both a and b

2. What are some symptoms of caregiver burnout?
 - a. Mental exhaustion
 - b. Apathy
 - c. Resentment toward the care receiver
 - d. All of the above
 - e. None of the above

3. Complete this sentence:
_____ leads to _____ for caregivers.
 - a. Healthy responses to stress / better outcomes.
 - b. Unhealthy responses to stress/sickness and possibly death.
 - c. Assessing burden / possible resources
 - d. All of the above.
 - e. None of the above.

4. What should you remember when you are conducting an assessment?
 - a. Caregivers tend to overstate their difficulties.
 - b. Don't guess, assume, lead, or accept responses that do not match those on the form.
 - c. If the caregiver can't think of the right response you should help them fill in the blanks.
 - d. None of the above

5. What are some reasons the caregiver may not be completely honest when answering his or her assessment questions?
 - a. They may be afraid their loved one will be taken away.
 - b. They may be in denial of how much they need help.
 - c. A and B
 - d. None of the above

6. What do you do when someone scores above the benchmark for caregiver burden on the caregiver burden screen ?
 - a. Refer them to all available caregiver programs.
 - b. Send them a booklet on caregiving.
 - c. Send their information to a casemanager.
 - d. **Conduct the Bakas Caregiving Outcomes Scale.**

7. What score on the screening tool indicates a caregiver is experiencing high burden?
 - a. 10 or higher
 - b. **8 or higher**
 - c. 6 to 10
 - d. None of the above

8. What is the first thing to do when scoring the Bakas Caregiving Outcomes Scale (BCOS)?
 - a. Be sure the caregiver listed at least two items specific to their situation.
 - b. **Assign values 1 through 7 to each answer.**
 - c. Fill in the condition of the person receiving care.
 - d. None of the above.

9. Which questions on the BCOS are included in calculating the final score?
 - a. All of them
 - b. **Questions 1 through 15**
 - c. All odd numbered questions
 - d. Questions 1 through 18

10. Complete this sentence: _____ scores on the _____ indicate high caregiver burden.
 - a. Lower/Zarit Screen
 - b. **Lower/ Bakas Caregiving Outcome Scale**
 - c. Higher/Bakas Caregiving Outcomes Scale
 - d. None of the above